

Facilitated by
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Creating Trust and Intimacy: A One Day Workshop for Men

Before we can create trust and intimacy in our relationships we must first learn how to trust and be intimate with ourselves. The process of creating intimacy or "into-me-see" is about trusting ourselves and the other enough to allow the other to see our true self. This means that we first have to discover who we are and to fully accept ourselves. This workshop will take you on an inner journey to help you identify how you are blocking trust and intimacy from flowing freely in your life.

We will examine the relationship between trust and intimacy and

- Your childhood experiences
- Messages from the media and popular culture
- Sex
- Addictive behaviors

This workshop is designed to teach new skills in the following areas:

- How to be alone with yourself without being bored.
- How to understand and feel your emotions without blocking or judging them.
- How to take responsibility for your feelings and let go of blaming, defending, and justifying.
- How to begin the process of creating trust and intimacy in your relationships.

To register online, go to:
<http://www.joekort.com/trustandintimacy.htm>

Office of Joe Kort & Associates
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FELIX PAULICK, FACILITATOR

Felix Paulick is a clinical social worker specializing in men's work, couples therapy, and the treatment of sexual addiction. He received his clinical training at the University of Michigan Depression Center and University of Michigan Addiction Treatment Services (UMATS). He has also completed training in Gestalt therapy at the Gestalt Institute of Toronto. He is a member of the Mankind Project and the National Association of Social Workers (NASW).

Joe Kort, Ph.D.
AND ASSOCIATES

Sat, April 2
10am-6pm

Location:
Office of Joe
Kort &
Associates
**Cost: \$145 per
person**